

FORGING THE FUTURE:



Visit NEHC Health Promotion Homepage: <http://www-nehc.med.navy.mil/hp>

Subscribe to this publication by visiting our web site. Click on "Friday Facts"



Friday FACTS

6 January 2006

"Leadership, Partnership, and Championship"

Looking for Online Weight Management Resources for Health Net Federal Services Enrollees in the TRICARE North Region?

Weight Management



Health Net Federal Services, the Managed Care Support Contractor for TRICARE in the North Region is committed to providing its enrollees with health information, tools and resources to help them make healthy lifestyle decisions with their Healthy Living website. Their focus for January is "Weight Management". If you are located in the North Region, please help spread the word to TRICARE enrollees regarding this helpful weight management resource by sending them to:

[Health Net Federal Services Healthy Living Weight Management](#).

Doc Childre, Self Empowerment

Self-empowerment - that's learning to respect other people's music, but dance to your own tune as you master harmony within yourself.

Navy Health Promotion Director Course to be Offered at NEHC Conference



The 45th Annual Occupational Health and Preventive Medicine Conference
"Emerging Global Health Issues: Meeting the Challenge through Preventive Medicine"

An abbreviated version of the Navy Health Promotion (HP) Director Course will be offered 18-19 March 2006 at the 45th Navy Occupational Health & Preventive Medicine Conference (NEHC Conference), to be held at the Hampton Roads Convention Center, Hampton, VA. This process-oriented course will offer participants the knowledge and skills needed to successfully plan, implement, and evaluate an effective Command Health Promotion Program.

This course is designed for HP Coordinators/Directors at the Navy's Claimancy 18 Medical Treatment Facilities, USMC Semper Fit Coordinators, and other HP Coordinators/Directors at major fleet commands, such as aircraft carriers, Commander Naval Installation Fitness Coordinators at the Regional level, REDCOM HP Directors and Assistant Directors. If you are currently in one of these positions and you have not attended this course, plan to request a seat in the course being offered at the NEHC Conference. Online registration to request a seat will be available beginning Friday, 13 January at the [conference website](#). Due to limited seats in this course, obtaining a seat can only be verified upon receipt of a Confirmation of Quota by 1 March. Onsite registration for this course will not be accepted.

Successful completion of the course is a requirement for the Health Promotion AQD. AQD Point of Contact is the Corps Specific Career Plans Officer.

Is Your Command Ready to "Crews"?

6-31 March 2006 marks the 6th annual *Crews Into Shape* challenge, sponsored by the Navy Environmental Health Center (NEHC). The goal of this 4-week challenge is to spark and guide workplace-focused, team-oriented, physical activity and improved nutrition among active duty members, civilian workers and family members. Held in conjunction with National Nutrition Month in March, the challenge is a fun way to get the whole DoD family moving, drinking healthy fluids, and eating more fruits and vegetables.

Navy Medicine, USMC Semper Fit Centers, Navy MWR facilities and USMC MCCS facilities will be promoting the "Crews" challenge this year. US Air Force medical is also joining us in promoting the 2006 "Crews", Air Force-wide. Reach out and collaborate with these partners to maximize participation at every base and place.

Team Sign-up and other forms are web-based. The deadline for registering "Crews" is 28 February. Please begin your local marketing now for the "Crews" challenge. Promoting the "Crews" in early January capitalizes on motivated people engorged from their holiday feasts, and provides time for commands/units to further promote the challenge and form "Crews" during February.

A ready-to-use and editable flyer may be downloaded from the ["Crews" website](#). Click on the link to obtain the ["Crews" logo](#). "Crew" leaders receive frequent "Crews Notes" during the campaign to encourage their crew members. "Crew" names and locations will be posted on the web. A just-for-fun "Crewsineast Crew" name contest is also offered.

Crews Into Shape

Look for further promotional ideas for your *Crews Into Shape* Challenge in next week's Friday Facts.

